

DON'T FUCK AROUND

A guide to everyday sorcery, and how to defend against it
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I. What Is Sorcery?

If you're the average person, the word "sorcery" brings fantastic images to mind. We've all heard the stories that range from disturbing to provocative to amusing, and think of sorcery as witchcraft that involves herbs and eye of newt and strange chanting read from old books with pages that snap at fingers. The dust swirls, the demons arise, the balance of the world is upset, and the innocents suffer. Warlocks conjure demons with pentagrams and bow to Satan's monolithic appearance. Or something.

It all makes for a good movie, but the reality is much more pervasive and a lot more subtle. It doesn't have to involve ingredients or chanting, or anything physically tangible at all.

It doesn't even have to involve religion, or deities. Although it can. Sorcery *can* use some or all of these things, or none. The thing is, these well- studied and utilized means are focal points that are used as vehicles for sorcery to exponential effect, but they are not sorcery in and of themselves, nor are they required to use it.

So WTF is it?

Sorcery is very common, even if it isn't known as such, and most sorcerers definitely don't call themselves sorcerers. The guy running around in a black robe spouting bad poetry and saying he can "read" you, is not a sorcerer. He's an undergrad case study.

The sorcerers among us are usually found in positions where they have access to vulnerable people. They might even be very good at their jobs. For the same reason there are so many pedophiles among clergy, there are sorcerers among healers. Psychologists, therapists, doctors, pastors, government officials- you can usually spot them by their popularity. The person who has multiple people around them

whose eyes glitter when they speak of them, who are extremely defensive of him, that fawn and praise and can see no flaws in them, is generally a sorcerer. You may see them for the first time and think, what's the big deal? There's nothing great about this guy... That's because you haven't been targeted, at least not yet.

In American society, they are commonly male, and generally claim to be Christian. However, as chameleons, they can mold themselves into whatever you want them to be.

There is a massive difference between a person who has earned status, and a sorcerer. A person with merit will tell you not to just believe everything they say, but to do the work yourself. They won't have a show of humility nor or charm or mightiness, they will be quite casual. And if they are prominent enough to have an entourage, it will be made up of people who talk to them like a person, and do not fawn or deny their own well being for the sake of this person. The meritorious person's followers will feel free to openly question them, and often do. The sorcerer's followers react to them with obsequiousness and trepidation. They do not question them, no matter how obscene or strange the situation becomes, and will employ extreme circular thinking and mental gymnastics to explain and excuse the behavior of the one they are devoted to.

General rule: Wherever there is vulnerability, there are predators.

There are more subtle forms of sorcery, too. Degrees of sorcery, if you will. Things in everyday life you don't think of as sorcery but in retrospect, there was something just... *off* about it.

Think about the last time you were talking to a person who was trying to seduce you. Someone you normally wouldn't be attracted to, but they still somehow had that pull, and you decided to trust the vibe. And it was a horrible mistake.

Or the salesman who talked you into buying something you absolutely didn't need and couldn't afford. But somehow, you really FELT like you needed it. And you got hosed.

The clergyman who led you to believe you could trust them. You told them your deepest secrets, and they used them to create your worst nightmare.

Do these folks know they're using sorcery? Yes and no. What they most likely believe they're doing is using energy, or vibes.

Vibes. There is so much hokey social media and pseudo psychology around vibes. "Vibes don't lie," they say. Well, I'm here to say, yes the fuck they absolutely do. If they didn't, there would be no such thing as con men. No one would fall for stupid romances or get -rich -quick schemes, and there would be no such thing as a cult.

There's a flip side to all of this.

The best healers use the same energy. The best therapists, even the best parents. The exact same energy used to exploit people, can be used to help and heal them. And that is our responsibility, when we discover that we are one of those who can channel this energy.

It's vitally important that we know how to do it right. Even the most subtle vibes can cause a terrifying ripple effect from the best intentions. It's not about good vs evil. Literally everyone has the potential for both or either, given the right causes and conditions. It all comes down to the fact that energy is readily available and can be transformed and used in countless ways. The Machiavellian tendency to misuse people might be intrinsically evil from its own side, but rarely does it stem from a true intent to do harm. It may even start from trauma, as a means of self preservation and self defense. If you read the statements of some of the world's worst torturers, genocidal maniacs, cult leaders, serial rapists and murderers, they invariably believe themselves to be the true victims.



II. Definitions

Sorcery is an art, a tool, of finely honed vibe- work that can either cause you to be an asset to yourself and others, or a complete psychopath with, eventually, no control over your mind. And that's the crux of it all. In order to wield real sorcery without completely fucking yourself, you HAVE to be completely enlightened. These people are incredibly rare. If you think you're one of them, you're probably not.

Modern aspects of energy work can be helpful on a personal level, but there are distinct differences between these and sorcery. "Witchcraft" is a polarizing term with various aspects. While the terms "black" vs "white" witchcraft have been all but abandoned for good reason, there's a vast difference between the religion of Wicca, and the rituals of Satanism.

For one thing, you have to be a Christian to believe in Satan, so Satanism is borne of Christianity. Wiccans and neo- Pagans don't generally subscribe to Abrahamic beliefs, ergo don't belong in the same category.

The spells of Wiccans et al involve casting circles, calling the quarters, blessing spell ingredients such as herbs and stones, and directing a structured, poetic and romantic vibe toward a purpose.

This is a mild sorcery, like an enhanced prayer circle. In a coven, it creates a sense of togetherness and community. In witch wars, it makes everyone nuts.

“Mindfulness” is another one of those buzzwords that conjures images of spa settings with stacked river rocks, the smell of essential oils, a desktop fountain, yoga pants-

Well, while these things can enhance a vibe (ambience can be a useful tool in many ways, especially with how it concentrates energy, but that’s another essay), mindfulness itself is about awareness and intent. It is the beginning of your defense against sorcery.

Then there’s the crap about “Manifesting,” aka “the law of attraction,” aka the guilt trip that you’re just not bloody thinking positively enough. This is useless, and annoyingly bougie. Toxic positivity is a plague upon us all.

Vibes can be used to manifest what you want, but- and this is a huge BUTT- the causes and conditions in which you chose to manifest can be unknown, unseen, and unheeded. The more deluded one is, the more these things can cause manifestation to backfire. The more aware one is of the conditions, the better the outcome works for them, for good or ill. The most deluded of us believe they are the ones thinking most clearly- although they are not the most dangerous sorcerers, most of the time.

The most dangerous are the ones who see everything very clearly, except themselves. The most important thing to understand about using sorcery to get what you want by using and manipulating people, is that it will cost you your mind. This is not negotiable, there are no “one weird trick” exceptions to keep the vile act of manipulating people from taking a chunk out of your ass.

You probably won’t notice it slipping away. You might be able to catch yourself by having a pang of conscience, or of paranoia, and deciding not to continue. But many have found themselves addicted to that feeling of being fawned over and getting whatever they want. The high is temporary. The damage is permanent.

The mind begins to lose focus. Their sorcery may still be well honed for a while, giving them an illusion of control, before it starts to slip. They begin to hallucinate and see enemies everywhere. They become more and more demanding, more prone to depression and anger. They can't be comforted, Finally, completely lack the ability to truly enjoy life. There is always something wrong, something to complain about, something someone has to do to calm them. In the end, they become extremely vulnerable. All of their ability to manipulate energy is gone, and they have the defenses of a slug on a salt flat.

The only ones willing to continue to be manipulated by them at that point are the ones they groomed early on. The existence of both is miserable.

Some notable figures in history demonstrate this, particularly cult leaders like Jim Jones and killers like Charles Manson.

And that isn't the end of it. There's also karma.

Karma is commonly misunderstood as some kind of unseen, universal justice system. It's not. All karma is, is simple cause and effect. You drop something, it falls on the floor. You forget to take the trash out, it stinks. You drive too fast, you lose control. You fuck around, you find out.

This is the reason for the abrasive title. It must be as clear as possible. DO NOT FUCK AROUND WITH SORCERY. YOU WILL SUFFER HORRIBLY. BY YOUR OWN DOING. But that just doesn't stop some people.

III. Defense

So, how do you protect yourself and the people you care about from these psychopaths?

It's simple, but not easy. The first thing to do is check how vulnerable you might be.

The fastest route a sorcerer has to the control of your mind, is your ego. You might think you don't have an ego, you don't care what people think of you, you're not easily offended...

Ego isn't self absorption, even if you're so preoccupied with a mirror that people call you "egotistical." It's the framework for how you see yourself, how you identify, the things you choose to preoccupy yourself with. Your own personal vibe. It can be plucked like a string if you unwittingly offer it as an instrument. Most people have, and continue to. We're not going around expecting people to be sorcerers, after all.

Think of the last time someone said something that really got your goat. It might be political, personal, or seemingly random, but it just rubbed you the wrong way and you felt insulted. That is ego.

A sorcerer, salesman, sex trafficker, a cop trying to get a confession- will poke around until they find where you're vulnerable, and they'll work it. They might pretend to be understanding, nodding and making appropriate sounds. Their tone will change to something more gentle. They'll lean a little to appear less threatening. Then you feel that vibe. It's soft and warm, it feels safe. You will feel yourself soften, your own tone change. The more you sink into it, the less you will notice the trap closing around you. You are in danger of breaking like a dam in a flash flood.

Your drive to feel seen, to feel understood, to be important on any level, can be your worst enemy. It's the easiest thing to use against you.

The biggest tragedy of sorcery is that the most vulnerable among us are the most common prey. People with PTSD, depression, bipolar- any mental disorder or injury, are the most common victims. Children are also very susceptible. We need to look out for our loved ones with these issues, and those of us with injury and/ or neurodivergence have to be extra vigilant on top of all the rest of our issues. We often

don't have anyone looking out for us. And there are plenty of sorcerers who will happily weasel themselves into that role.

There are some useful tools that can help you to hone invulnerability. The key is consistency, not speed.

Cognitive Behavioral Therapy is the real mindfulness. It can help you find where your weaknesses are and how you can strengthen your mind. By examining your thoughts and how they effect you physically and mentally, you can form a solid base of self protection.

Qigong is a martial art several thousand years old. It teaches to use energy to build your strength and focus, and ultimately, if you follow it consistently and correctly, it will be incredibly difficult for a sorcerer to take you down. Combining this with CBT is an iron shield.

Self- awareness of your own flaws and tendencies on a deeper level can help you understand your weaknesses. Think of the last time you had the opportunity to get away with something you know you shouldn't do. No one would ever know, you would be scot- free from any consequences- from others- except the one you probably never think about.

YOU know you did it. YOU saw yourself, you heard yourself. That will stay with you and it can change you into someone you don't want to be. Either someone who always feels guilty and punishes themselves for reasons others don't understand, or someone who makes excuses for their behavior. If you find yourself rationalizing, call it what it is, and just stop. Otherwise this can be used against you.

IV. The Advanced Perspective

If sorcery is an immediate and concerning issue for you, the following is complex, but invaluable.

There is a Buddhist concept that can be difficult to understand, but once you get it, it also acts as an impenetrable shield against sorcery. This is the concept of emptiness.

This is not a quick study.

As the teachings go, everything is empty because nothing can truly exist as it is, existence depends on all other things existing, which depends on your perception of how things exist.

For example, when you think about the food on your table, you're probably not thinking about the water that it took to provide nutrition for it to grow, the origins of that water in an ocean that evaporated into a cloud that became rain, that went into the soil, was absorbed by roots, became part of a plant, that produced a seed, that was eaten and absorbed into and became a chicken, that was executed, processed by machinery and factory workers, ground into paste, put into molds, breaded, packaged, and delivered to a store, where you bought it. You took it home, air-fried the cloud/ earth/ seed/ cockadoodle/ slaughter/ nuggets, and served it to your family with a side of tater tots without a single thought of the incredible production (and irony) required to create a dinosaur shaped chicken nugget. Your only concern was, understandably: your family needs to eat, this looks like something they will eat without complaining. Who has time for all that other stuff?

(If you want, you can do the same exercise illustrated here with water, to determine how the dinosaur shape came into existence. It's kind of fun.)

Of course you didn't think about it, only monks have that kind of time. But as the monks say, if you don't have time to meditate, do it more.

If you do take the time to meditate on how things exist, something incredible happens. At some point out of the blue, everything vanishes except the present moment. Everything that exists, exists only as it does, in this exact moment. Drama vanishes. Manipulation, vibes, that thing in the back of your head that keeps nagging at you-gone. Just gone. Sorcery has no foothold here, and simply can't exist in this point of existence the buddhists call emptiness, suchness, or most commonly, enlightenment.

They're probably not the only ones to figure it out, but they are the only ones to write it down, as far as I know. The Heart Sutra, as it's

called, was written somewhere between the 3rd and 7th centuries. It wasn't any easier to understand then as it is now.

Since then, there haven't been many attempts to understand it outside of the confines of dedicated spirituality. But while spirituality and religion can be useful vehicles for reaching this level of focus, they're not fundamentally necessary. Compassion and appreciation are the foundation.

V. Conclusion

When we protect others from sorcery through everyday living, we construct a shield around ourselves and our loved ones that keeps predators of all kinds out.

The more we invest in our families, communities, and our own work on ourselves, the more we see the value in them. You don't have to bend over backwards for people, or understand 7th century monks, or even have a squeaky clean record.

Just be kind to yourself and others and help people when you can.

Give when you're able. Preserve your dignity as someone others refer to as "good people."

At the very least, don't be a dick.

Just giving a rat's ass about other people is a huge step in protecting yourself, even though our modern media overlords/ sorcerers try to convince us otherwise. "Me first" makes us all stumble out of the gate. And they know this.

Good luck out there.